

## **ABSTRACT OF THE DISCLOSURE**

**[0081]** An optical waveguide fiber or body having a doped outer region which can be utilized in an optical coupler, a preform which can serve as the precursor for the fiber, an optical coupler, and methods of making same. Water, for example in the form of  $H_2O$  and/or  $D_2O$ , may be added to the cladding of the optical waveguide fiber or body.